

# Wednesday's Wisdom

February 2014  
(2<sup>nd</sup>) Issue



## *March Is National Nutrition Month!*

*Because the month of March is National Nutrition Month, we are sending a second February issue of Wednesday's Wisdom that includes nutrition education resources and suggestion.  
Enjoy February vacation everyone!*

### **Center for Ecoliteracy**

#### **Resources for School Meals**

The Center for Ecoliteracy launched its newest resource, [\*\*\*Making the Case for Healthy, Freshly Prepared School Meals.\*\*\*](#)

In addition, the Center has a collection of recipes scaled and tested for use by school nutrition professionals that can be found at: [\*\*School Meals Featuring California Food,\*\*](#)

#### **New Food Allergy Information**

Earlier this week, NFSMI released a new video titled *Managing Food Allergies in Schools*. The video was developed in partnership with USDA. <http://www.nfsmi.org/ResourceOverview.aspx?ID=490>

### **National Nutrition Month Idea!**

#### **INTERNATIONAL SCHOOL MEALS DAY**

We invite schools, teachers, students, and child nutrition professionals to join in celebrating the 2014 International School Meals Day (ISMD) on March 6, 2014.

The purpose of the International School Meals Day is to raise awareness of the importance of food and nutrition in education and to share school feeding experiences from across the globe.

Schools around the world can celebrate ISMD by promoting healthy eating and learning, using the theme, Food Stories. Stories, like food, communicate the culture of peoples and their dreams for a healthier and better future. Food brings communities together. Schools and classrooms can connect with other schools and classrooms within their own country and around the world and share their food stories.

Good nutrition and a healthy lifestyle are as important to a child's overall success as the curriculum that our schools teach every day. USDA's School Breakfast Program is an opportunity to remind everyone how important it is that every child starts the school day with a nutritious breakfast. Schools can promote healthy eating to reflect the new school meal standards and smart snacks while incorporating nutrition education into classroom learning using many of the education materials USDA has developed through Team Nutrition at <http://www.fns.usda.gov/team-nutrition> and MyPlate at <http://www.choosemyplate.gov/>.

## ***New! Farm to School Grants from USDA***



A new round of Farm to School Grants just became available. For more information, please go to: <http://www.fns.usda.gov/farmtoschool/fy-2015-farm-school-grant-program-funds-available>